



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
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Sleep Well and Get Your Zzzz's

Sleep is necessary in order to function in our daily lives. Insufficient sleep has been linked to motor vehicle accidents. Those with poor sleep are more likely to nod off while driving, and their reaction time is slower. Research also suggests that people who consistently do not get enough sleep are more at risk for chronic health conditions such as, depression, obesity, diabetes, high blood pressure, cancer, and reduced quality of life.

How Much Sleep?

The National Institute of Health recommends school-age children get at least 10 hours of sleep. Teenagers need 9-10 hours, and adults benefit from 7-8 hours of sleep. Of course, this is not set in stone and can vary from person to person. According to the CDC, 30% of adults reported averaging less than 6 hours of sleep per day.



Sleep Promotion Tips

- Create a routine: go to bed and rise in the morning at the same time.
 - Avoid caffeine, alcohol, and nicotine close to bedtime. These can affect your body's ability to sleep deeply and continuously through the night.
- Avoid looking at your cellphone or tablet screen when in bed.
 - The blue light from electronics can send a 'wake up' signal to the body.
- Apply a small amount of essential oils, like lavender to your pillow or body.
 - Lavender can have a calming effect helping people reach a deeper sleep.
- Play calming music or a white noise machine in the background.
 - Take a warm shower before bed.
 - Avoid large meals prior to sleep.
 - For the best sleep keep your room temperature around 65 degrees.



For more information on the benefits of adequate sleep visit www.sleep.org or www.cdc.gov

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Stretch your Fruit & Veggie Budget

There are many ways to purchase fruits and vegetables at the store. Some cost you less at the checkout.

Buy it Canned—Choose canned fruit packed in 100% juice and vegetables that have no salt. Rinsing regular canned vegetables before you eat them cuts down on the sodium.

Cut at Home—Precut fruits and vegetables are convenient but cost more. Buy whole and cut it at home.



Buy in Large Quantities—Frozen fruits and vegetables cost less in larger quantities. You can take out smaller portions as you use them.

Mix it yourself—100% juice from frozen concentrate is often less expensive per serving than pre-bottled juice.

Keep it Simple—Buy dry beans in their uncooked form instead of the packaged version which cost more.

Source: 30 Ways in 30 Days to Stretch Your Fruit and Vegetable Budget, Centers for Disease Control and Prevention

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations including influenza vaccine is given at all these clinics)

Apr 6th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Apr 11th—Boscobel United Methodist Church from 9:30am to 3:30pm

Apr 12th—Fennimore United Methodist Church from 9:00am to 3:30pm

Apr 18th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Apr 19th—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

Apr 20th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Apr 25th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Apr 26th—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

Apr 27th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:

April 14th at noon



Fluoride Vanish

Tooth decay is one of the most common preventable diseases seen in children. Children as young as 12-18 months can get cavities. Cavities in baby teeth can cause pain, are unsightly, can cause economic hardships for families. Cavities can also prevent children from being able to eat, speak, sleep, and learn properly.

Fluoride varnish is a protective coating that is painted on teeth to help prevent new cavities and to help stop cavities that have already started. Fluoride varnish can be used on babies from the time they have their first teeth. Only a very small amount of fluoride varnish is used. It is quick and easy to apply. It is well accepted by children, but your child may cry just because babies and children don't like having things put in their mouths, especially by people they don't know!

After application do not give your child hard or sticky foods for 24 hours and remember to wait 8 hours or until the morning after application of fluoride varnish to brush/clean your child's teeth. The fluoride coating will work best if it is painted on the teeth 2 to 4 times per year.

Fluoride varnishes are available at Grant County Health Department WIC clinics for eligible high risk infants, toddlers, and children up to age 12.

(www.dhs.wisconsin.gov/health/oral_health/programs/fluoridevarnish.htm)



Free Tdap, Menactra and HPV Vaccine Offered at Grant County Schools

The Grant County Health Department will be offering Tdap, Menactra, and HPV vaccine at Grant County schools during the month of March. The vaccine is free for children in need of vaccination in 5th through 12th grades. Parents should have received paperwork from your child's school in the last week of February.

If your child is not at school the day of the clinic, please contact the Health Department at 723-6416 regarding their eligibility. (Due to restrictions, free vaccine is only available between March 6, 2017 and April 4, 2017 for children that are not normally VFC eligible.)



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